**Stress Test**

* Stress
* Stressors
* Health Psychology
* Daily Hassles (Lazarus)
* GAS (Seyle)
  + Alarm
  + Resistance
  + Exhaustion
* Physical Components of Stress
  + Fight or Flight Response (Cannon)
    - Specifics….what happens biologically, behaviorally, emotionally?
  + Impact on Immune System
    - Overview
    - Ader and Cohen Study
    - Psychoneuroimmunology
    - Janice Kiecolt-Glaser
  + catecholamines (sympathetic nervous system)
  + corticosteriods
* Personal Control—Locus of Control—Rodin and Langer
* Conflict Styles
  + Approach-Approach
  + Avoidance-Avoidance
  + Approach-Avoidance
* SRRS (Holmes-Rahe)
  + Overview
  + Problems
* Type A vs. Type B (Friedman & Rosenman)
  + Link to heart attack….hostility….stress
* Explanatory Styles (Seligman)
  + Optimistic
  + Pessimistic
* Coping Styles
  + Problem-Focused
    - confrontive
    - planful problem solving
  + Emotion-Focused
    - escape-avoidance
    - seeking social support
    - distancing
    - denial
    - positive reappraisal